

# THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS



**DOWNLOAD EBOOK : THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO  
GARCIA, GLEN CORDOZA, ERICH KRAUSS PDF**





Click link bellow and free register to download ebook:

**THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

# **THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS PDF**

Currently, reading this spectacular **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** will be much easier unless you get download the soft documents below. Simply here! By clicking the connect to download **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss**, you can begin to obtain the book for your very own. Be the initial proprietor of this soft documents book **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** Make distinction for the others as well as get the first to step forward for **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** Present moment!

# THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS PDF

[Download: THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS PDF](#)

Tips in deciding on the best book **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** to read this day can be acquired by reading this resource. You can discover the very best book The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss that is sold in this world. Not just had actually the books released from this country, yet additionally the various other countries. As well as currently, we mean you to check out The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss as one of the reading materials. This is just one of the most effective books to accumulate in this site. Check out the resource as well as look guides The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss You could find lots of titles of guides offered.

This is why we advise you to always see this resource when you need such book *The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss*, every book. By online, you could not getting guide shop in your city. By this on-line collection, you can find guide that you really want to check out after for long time. This The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss, as one of the suggested readings, has the tendency to be in soft documents, as all of book collections right here. So, you could also not wait for few days later on to get and also review guide The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss.

The soft file implies that you should visit the web link for downloading and afterwards conserve The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss You have actually possessed guide to review, you have posed this The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss It is simple as visiting the book shops, is it? After getting this brief explanation, hopefully you can download one as well as start to review [The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss](#) This book is really easy to read each time you have the leisure time.

# **THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS PDF**

About this book Marcelo Garcia winner of five Brazilian jiu-jitsu world championships and a man many feel is the best pound-for-pound submission grappler of all time unveils the secrets behind the most effective guard system in existence-the X-Guard. Unlike most jiu-jitsu instructional books Garcia leaves no stone unturned. Not only does he show you how to sweep your opponent using the X-Guard from nearly every control position he shows you how to do it both with a gi and without. Covering everything from grips to timing this book will be a savior to anyone wishing to compete in jiu-jitsu tournaments no-gi grappling competition or mixed martial arts. Author Marcelo Garcia Erich Krauss and Glen Cordoza Photographer Eric Hendrikx Language English Format Softcover Pages 264 Publisher Victory Belt Publishing Book Dimensions Weight 2.6 Pounds Length 11 Inches Width 9 Inches Height 0.8 Inches

- Sales Rank: #853336 in Books
- Brand: Marcelo Garcia
- Published on: 2008-04-15
- Released on: 2008-04-15
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .60" w x 9.00" l, 2.49 pounds
- Binding: Paperback
- 260 pages

Most helpful customer reviews

29 of 32 people found the following review helpful.

Excellent book at an excellent price

By J.H.

I was excited to get this book and it completely lived up to my expectations. Like the other Krauss-Cordoza collaborations from Victory Belt publishing this is a very well put together book printed on high grade glossy paper, with detailed high quality multiple-angle shots of the techniques and very good explanation including the physical mechanics of the movement and advice on strategy of when to use it, how to get there, mistakes to avoid, and what your opponent is likely to do. Marcelo Garcia is probably the best grappler in the world and his system is unique and effective and works for all body types, and unlike Eddie Bravo's very good system doesn't require crazy flexibility. The book provides info on gi and no gi Brazilian Jiu Jitsu. It's comparable to Eddie Bravo's Rubber guard book in terms of quality and production value. It has a color coded easy to use system that makes it very easy to quickly find sections and whether the technique is appropriate for gi and no gi competition.

The introduction includes a short biography that shows you the determination and dedication that has made him the champion he is. From 3 hour commutes to training, to cleaning the mats so he could afford to train 4 times a day. The first section on technique is 78 pages dedicated to the butterfly guard including basic stance and grip work, sweeps and transitions, and submissions all with detailed advice on how to establish and properly adjust the technique so you can make it work in high level competition ( e.g. 7 pages just on the

guillotine choke, most books give it only 2). He constantly emphasizes drilling the technique to really get it down and learning the fundamentals of the butterfly guard before moving to the X guard. This sort of guard requires very good timing and sense of balance that can only be developed through many hours on the mat. The X guard is detailed in the final 149 pages of the book (264 pages all together). 63 pages on establishing the X guard from standing, sitting, elbow control, underhooks, full guard, half guard, omoplata, mount and headlocks. Then a section with 18 sweeps from X guard from different kinds of control (e.g. from hands, sleeve, or collar). Then 15 pages detailing 7 submissions for X guard including omoplata, triangle, gi and no gi inverted arm bar, knee bar, foot lock, and heel hook. Again filled with tips on when to use it, positions to transitions from, your opponents likely reactions, and common mistakes. If you perfect even just a few of the techniques in this book your game will improve dramatically. This book is more for intermediate to advanced students of BJJ, though the section on butterfly guard is fairly accessible and very useful to beginners. Those starting out (and intermediates too) should check out Kid Peligro's book "the Essential Guard" or the Joe Moreira /Ed Beneville 3 part series on the Guard, these focus are more on the fundamentals. If you're looking to improve your guard and your overall game, I highly recommend this book, it's a steal at this price, I would have paid more for it. I look forward to his next book on arm drags and mastering the back.

13 of 15 people found the following review helpful.

Advanced Jiu Jitsu and Everything You Need to Know to Get There

By C. K. Mccracken

It's no secret that I really enjoy Victory Belt's books. I think they've nailed the format for describing individuals' games and their specialities. They are definitely the market leader in the arena of working with a fighter to extract the information they need and put it into print.

It shouldn't surprise any readers, then, that I really liked the X-Guard by Marcelo Garcia.

The book has all the hallmarks of Victory Belt's previous works. The large format and detailed colour photography don't disappoint and actually go one better with this edition.

Not resting on their laurels, the guys at VB have introduced detailed inset photos where warranted. This is not a completely original concept by any means, but it is done as well here as with any other publisher.

One of the problems I thought I might have with the book is that I wouldn't be able to identify with Marcelo and the X-Guard. This was an issue with Eddie Bravo's books on the Rubber Guard. I don't really use the Rubber Guard and am not built well for it. I pretty much have had the same problem with the X-Guard.

That was until I read through this book. You see, my butterfly guard is a little..... agricultural. And that, it seems, is my problem with the X-Guard. Not my long legs and extraordinary height - my previous excuses.

The book is split into two sections. The first is on the butterfly guard and the second on the X-Guard, itself. Both are split into three subsections each. The butterfly guard section is the most detailed treatment I've seen of the topic in a book. The three subsections are titled "Basic Positioning & Grip Defense", "Sweeps & Transitions" and "Submissions".

Now, Marcelo Garcia can work his butterfly guard in a way I find amazing. It's something I'd never been able to do terribly well. I could work it well enough against white belts, but always had to let it go against people nearer my own skill level. This book, though, gives solutions to most of the problems I'd encountered in the past.

I had the same problem with the X-Guard. There was just no way known I was ever going to get my giant legs in position. It shouldn't surprise you to find I was doing it wrong, though. The details shown for the X-Guard helped me a great deal, but I believe it's my better understanding of the butterfly guard that has ealed the deal for me.

The X-Guard section is is split up in a similar way to the butterfly guard section with subsections called "Establishing the X-Guard", "Sweeps" and "Submissions".

All-in-all, I'd say this is one of those rare \$24 books that have made a heck of a lot more than \$24 worth of effect on my game.

It just keeps getting better, too. Erich Krauss and Glen Cordoza have been getting steadily better at writing, too. In the past, I've criticised their spelling and grammar in the introduction sections. Is it better in this book? The truth is, I don't know. I got so engrossed in Marcelo's story, I never bothered to check.

That's got to be a big tick in the box.

After a review like this, I like to put a little disclaimer to it.....

I am no Marcelo Garcia fanboy. I've not watched his DVDs all the way through and I've seen maybe three of his matches. I have also been known to give Victory Belt some very pedestrian reviews, but they do impress me with their ability to improve with each publication. This book is the second of their catalogue to go in the Best of the Best category, but probably not the last if the quality continues this way.

10 of 12 people found the following review helpful.

A subjective 5 stars

By Nathan Holt

Marcelo Garcia's X-Guard book is absolutely fantastic. The layout, pictures, details, and progression are amazing. However, I'll state that this is a book filled with material that's very specific to Marcelo's guard system.

I am a year into my Jiu-Jitsu training. I train at the academy 3 times a week, and do 4-5 sessions of drilling on top of that. I spent about 6 months on my escape game and the development of 2-4 solid techniques from each position. I used Jiu-Jitsu University and, of course, my school's curriculum to create an overall rounded game. I personally believe that this is extremely important to anyone looking to enjoy Jiu-Jitsu. That brings me to this book.

I am now wanting to dig into the guard game at depth. I am small (155lbs/70kgs and 5'6"). I train at a gym where I'm usually quite a bit smaller than my partners. So, I needed a system that would work against bigger men. There's not much reason to look past Garcia for this kind of information. He's the king at fighting bigger opponents.

He starts by introducing the basics of the seated butterfly guard and it's defensive postures. This has already improved my seated guard significantly.

He then digs quite deep into his sweep system from the seated guard. He gives a different system for each different grip. This is amazing because it allows you to pick the grip you're most comfortable with and base your game around it. Personally, I love the cross grip. My secondary is usually the cross collar grip. Without the Gi I'm usually looking for under-hooks and arm-drags. With X-Guard I'm able to study and drill these

sections and make them my go-tos. I am then able to look into all his other grips and add them into my game as back-ups. Basically, it's a really, really, really deep system all based around the butterfly sweep and it's variations based on the reactions of your opponent. Simply put, you learn 1 sweep and a 100 different ways to get it. Marcelo himself is proof that this works. He won the recent World Championships with this butterfly sweep.

He then steps into submissions from the seated butterfly guard. They are an amazing compliment to the sweep system because they give the opponent something else to worry about.

Then we get into establishing the x-guard. This is a thorough section (thorough is an understatement). He teaches how to get to the x-guard from just about anywhere. It's effective and actually quite simple. Once you learn the principles of the set-up you just change the starting point. Marcelo lays it all out in great detail.

You then learn all the sweeping variations, which there are a TON of. The x-guard is a sweeping guard. They're simply everywhere you look once you get into the position. There's not much to be said about this section other than it's deep. I currently use 3 different sweeps from this section frequently. That's barely skimming the surface of the system and it's already very effective.

Finally he teaches some submissions from the x-guard. I haven't used any of these yet simply because I haven't had to. The sweeps are so effective that I haven't had to attempt any submissions.

So, if you want to dig really deep into the seated butterfly guard and the x-guard this is a must buy. However, if you want to learn the spider and deep half guards, this book will be a complete waste of money. If you want a super attacking submission filled guard game, check out something else. There are submissions there, but they're not the point of the guard.

It's a subjective book in that it covers 2 very specific types of guard work. If that's what you're looking for (like myself) than it's a 5 out of 5. If it's not what you're looking for you're going to be very disappointed.

Also note that this is not a book for beginners. I've been training for a year and I feel that I'm only just ready to start digging into this stuff. It'll probably be another 10 years before I've drilled my way through this baby.

See all 21 customer reviews...



# **THE X-GUARD: GI & NO GI JIU-JITSU BY MARCELO GARCIA, GLEN CORDOZA, ERICH KRAUSS PDF**

It's no any sort of mistakes when others with their phone on their hand, as well as you're too. The distinction could last on the product to open **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** When others open up the phone for chatting as well as chatting all points, you can often open as well as review the soft file of the **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** Certainly, it's unless your phone is available. You could likewise make or wait in your laptop computer or computer that alleviates you to read **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss**.

Currently, reading this spectacular **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** will be much easier unless you get download the soft documents below. Simply here! By clicking the connect to download **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss**, you can begin to obtain the book for your very own. Be the initial proprietor of this soft documents book **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** Make distinction for the others as well as get the first to step forward for **The X-Guard: Gi & No Gi Jiu-Jitsu By Marcelo Garcia, Glen Cordoza, Erich Krauss** Present moment!